



**Twin Cities Nurses Christian Fellowship**  
**Thursday, May 7 at 7:00 pm**

**Remember and Celebrate Our  
Calling as Nurses in 2020**

At the end of the presentation, participants will be able to:

- Discuss the purpose of “calling” in our profession.
- Communicate interventions that promote self-care.
- Examine the importance of our faith in our personal and professional practice.

**Discuss the  
purpose of  
“calling” in  
our  
profession.**



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# What Is Calling?

- A strong inner impulse toward a particular course of action especially when accompanied by conviction of divine influence.
- The vocation or profession in which one customarily engages.

(Merriam-Webster, n.d.)

# Components of a “Calling”

## Personal

- Mission focus
- Heart directed
- Value foundation

## Professional

- Integrity
- Honesty
- Vocabulary

# Scripture References

- "...including you who are called to belong to Jesus Christ"

*(English Standard Version, 2001, Romans 1:6)*

- "And whatever you do, in word or deed, do everything in the name of the Lord Jesus..."

*(English Standard Version, 2001, Colossians 3:17)*

# Lindsey's Story

- "Nursing is caring for the whole person: physically, mentally, emotionally, spiritually. It includes taking care of their needs beyond just physical ones, as well as needs they may have after leaving the hospital. I think a large part of the calling to nursing is being able to care for the person as a whole. For allowing the Lord to remind each one of us that each of these patients are a child of God; that we have the opportunity to show them that love of Christ by caring for them."



(L. Anderson, personal communication, April 29, 2020)

# Lindsey's Story

- "I think of the greatest commandments that Jesus shares with us in the New Testament:

You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself.

*(English Standard Version, 2001, Matthew 22:37-39)*

Caring for people as a nurse gives us such a great opportunity to live out these commandments."

*(L. Anderson, personal communication, April 29, 2020)*

# In The News...

## ■ Dying From COVID But Not Alone

(Stahl & Raguse, 2020)



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**Communicate  
interventions  
that promote  
self-care.**



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# Barriers to Self-Care

- Our own feelings of responsibility
- “Good” Christian men and women do not focus on their own needs
- Competing roles
- Don’t know how
- Time constraints
- Need for affirmation
- Become dependent on adrenaline rush / dopamine as a reward

# Self-Care

- ❑ As each of us have a different calling, we each have different aspects of self-care:
  - ❑ Prayer
  - ❑ Time alone
  - ❑ Time with others—from 6' away!
  - ❑ Music
  - ❑ Outdoors activities
  - ❑ A good book

# Self-Care

- “Self-care involves exploring what rest looks like to you. Something I was challenged to do was think of unique ways to perform self care that I had never done before. A few examples of these activities have been painting, listening to worship music while walking, and carving out a chunk of time where I don’t have expectations of accomplishing anything.”

(L. Anderson, personal communication, April 29, 2020)

# Self-Care

- "Oftentimes rest can be difficult: to accept a moment as it is and stop striving to accomplish more. I think our human nature constantly wants to achieve more and get better. The Lord says that through Him we are ENOUGH; He has washed away all our imperfections with his blood. He invites us into a space where we get to just be with Him. Of course there are times for productivity. But there are times where we get to fully set that aside and embrace the rest He has for us, sitting in His presence."

(L. Anderson, personal communication, April 29, 2020)

# Unforced Rhythms of Grace

- Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.

*(The Message, 1993/2018, Matthew 11:28 - 30)*

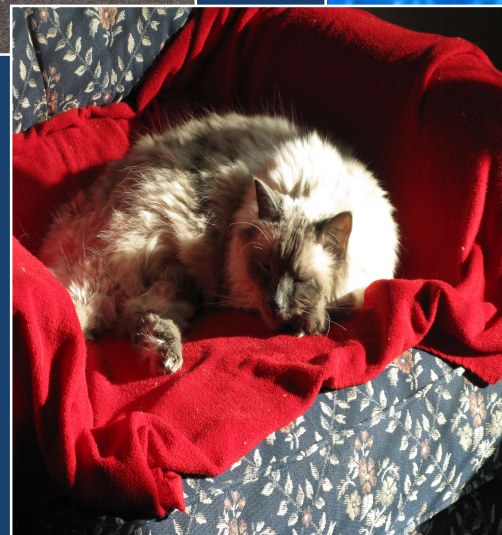
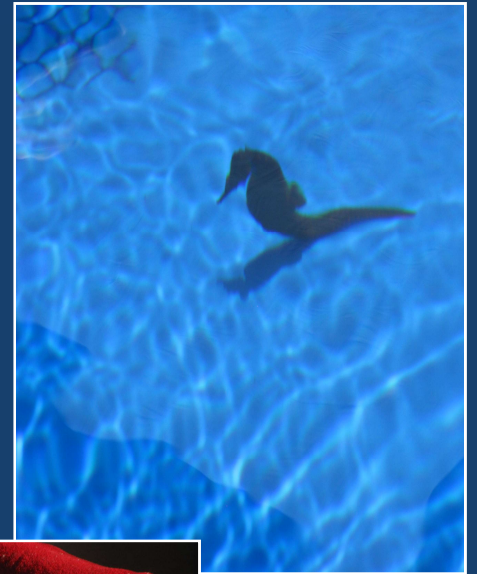
# NCF Self-Care Resources

- Resources from the JCN, NCF's blogs, as well as new Bible studies are available.
- The first week of May focuses of self-care.
- Go to NCF's home page:
  - <http://ncf-jcn.org/>
  - Resources
  - Celebrate the Year of the Nurse!

# Other Self-Care Resources

- Mentor
- Employee Assistance Program (EAP)
- Headspace App
  - May be free through your employer
- Self-compassion
  - [www.selfcompassion.org](http://www.selfcompassion.org)
- Talkspace
  - <https://www.talkspace.com/covid-resources>

# What Brings Us Joy?



# Self-Care

- Think about what rejuvenates your spirit
- Reflect on how you can face each day
- Remember that “the government shall be upon His shoulder”

*(English Standard Version, 2001, Isaiah 9:6)*

- Count your blessings everyday
- Do not underestimate a gratitude journal

**Examine the importance of our faith in our personal and professional practice.**



(Vanderbilt Health, 2020)

# Faith in Life



# Developing the Skill of Faith in Action

- Developing faith requires study and practice just like any other nursing skill.
- Is faith something I say I have?
- Is faith how I live?
- How do I live by faith in times of uncertainty?
- How am I being challenged?
- How am I seeing myself growing spiritually?
- How should I respond to fear?

# Developing the Skill of Faith in Action

- Become a part of a community through Nurses Christian Fellowship where connection matters.
  - Receive stories of hope and encouragement through our newsletters, blog posts and the *Journal of Christian Nursing*
  - Monthly prayer guides and a team who prays for your personal requests as well.
  - Support for your practice with journal articles as well as free/discounted CE

# References

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[https://www.kare11.com/article/news/health/coronavirus/in-her-words-dying-from-covid-but-not-alone/89-a4ba2cf0-1b8b-4a9d-b495-acd3529c3640?fbclid=IwAR2DfKI\\_ST5BSJ9BRDI4ICssmsdMbvmtib7hey5-61duOe7w13hkALCDuBw](https://www.kare11.com/article/news/health/coronavirus/in-her-words-dying-from-covid-but-not-alone/89-a4ba2cf0-1b8b-4a9d-b495-acd3529c3640?fbclid=IwAR2DfKI_ST5BSJ9BRDI4ICssmsdMbvmtib7hey5-61duOe7w13hkALCDuBw)
- Vanderbilt Health. (2020, April 1). *We wanted to share this beautiful moment that was captured by a staff member when members of our team spent @VUMChealth* [Tweet with picture attached] [Tweet].  
Twitter. <https://twitter.com/VUMChealth/status/1245456227536113664/photo/1>